

Employee and Retiree Service Center
The Bulletin—August 26, 2026

Physical Activity and Mindfulness Classes

This fall, Well Aware continues to offer a variety of live virtual, recorded, and onsite classes to fit your schedule and interests. Choose from Zumba, Total Body Conditioning, yoga and seated yoga, core workouts, mindfulness, tai chi, and more. With options for all fitness levels, there's something for everyone.

[Email Well Aware](#) to receive the full-class schedule and register for the daily wellness email to stay up to date on class links, schedules, and program updates. [Opt-in today and discover your new favorite class!](#)